



Natick Recreation and Parks Department

"Create Community through People, Parks and Programs"

SESSION 1 • SWIM LESSON REGISTRATION FORM

Each participant requires their **own** form.

Please Print and Be Sure To Complete All Sections

Please be specific in filling out information to avoid confusion or loss of opportunities.

Please note that photos of your child may be used for various publicity media's.

Name: _____
Last First Middle Initial

Date of Birth ____/____/____ Age ____ M ☐ F ☐

Address _____
Street Town State & Zip Area Code HOME Telephone

Primary E-mail Address _____

Parent/Guardian:

Mother/Father (Circle One) Last First Area Code WORK Phone # Area Code CELL Phone #

Emergency Contact: _____
OTHER THAN A PARENT Relationship to Participant Area Code DAYTIME Phone # Area Code NIGHTTIME Phone #

Please let us know if there are any medical issues we need to be aware of (i.e., Allergies, diagnosis... if none, write N/A)

Parental Consent, Release from Liability and Indemnity Agreement

Please turn over to read and sign the Parental Consent, Release from Liability and Indemnity Agreement Form.

NOTE: This form MUST BE SIGNED in order to participate in the programs you are registering for.

☐ I have signed Parental Consent on back of this Registration Form

Please fill in information below based on the Swim Lesson Schedule

Please keep 2nd & 3rd choices in mind in case class is full

Teacher's Letter (A - D)	Teachers Name	Class Level # (1 - 6)	Class Time	Participant's Beach Tag #	Program Cost \$45 Session 1

Total Program Cost \$ _____

Optional donation for financial aid for the disabled and financially needy of \$1 \$ _____

Out of Town Residents add \$20 \$ _____

Make Checks Payable to: TOWN OF NATICK Total Cost \$ _____

A \$25 fee will be charged for all returned checks.



MC/Visa/ Discover

CVC Code # _____ Expiration Date ____/____/____

(Far right 3-Digit #'s from back of card)

SIGNATURE _____ DATE ____/____/____

Parental Consent, Release from Liability and Indemnity Agreement

On behalf of my child, a minor, I hereby consent to my child's participation in voluntary athletic, recreation programs or extra-curricular activities of the Town/City and/or Public Schools of Natick (hereinafter "the Town/City").

I/We also agree to forever RELEASE the Town/City, a municipal corporation of the Commonwealth of Massachusetts, and/or the Public Schools of Natick, the School Committee, and all their employees, officers, agents, board members, volunteers and any and all individuals and organizations assisting or participating in voluntary athletic, recreation programs or extra-curricular activities of the Town/City or Public Schools ("the Releasees") from any and all claims, actions, rights of action and causes of action, damages, costs, loss of services, expenses, compensation and attorney's fees that may have arisen in the past, or may arise in the future, directly or indirectly, from known and/or unknown personal injuries to my child or property damage resulting from my child's participation in the said Town/City and/or Public School's voluntary athletic, recreation program or extra-curricular activity which I/We may now or hereafter have as the parent(s) or guardian(s) of said minor child and which said minor child has or hereafter may acquire, either before or after reaching majority.

I/We also promise, to INDEMNIFY, REIMBURSE, DEFEND and HOLD HARMLESS the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, including damages, costs and attorney's fees, arising from personal injuries to my child or property damage resulting from my child's participation in the Town/City and/or Public Schools of Natick voluntary athletic, recreation programs or extra-curricular activities or administration of first aid.

I/We further affirm that I/We have read this Parental Consent, Release From Liability And Indemnity Agreement, and that I/We understand the contents of this Agreement. I/We understand that my child's participation in these programs is voluntary and that my child and I/We are free to choose not to participate in said programs. By signing this agreement, I/We affirm that I/We have decided to allow my child to participate in the Town/City and/or Public School's athletic, recreation programs or extra-curricular activities with full knowledge that the Releasees will not be liable to anyone for personal injuries and/or property damage my child or I/We may suffer in the voluntary Town/City and/or Public School athletic, recreation programs or extra-curricular activities.

I realize injuries can occur from participation in sports and other activities. Should my child be taken to the hospital for emergency purposes, I hereby grant permission to the attending physician to administer anesthesia, medical, x-ray and surgical procedures as may be deemed necessary or advisable.

I understand that every reasonable attempt will be made to contact me in an emergency.

Signature _____ Date _____
(If under 18, parent or guardian)



Natick Recreation and Parks Department

"Create Community through People, Parks and Programs"

SUMMER • 2014 • SWIM LESSON SCHEDULE

SWIM INSTRUCTION FOR AGES 3 & UP
Session 1
Monday, June 23 - July 11 (No class July 4)

	A	B	C	D	
Class Time	JEFF LIBBY	SUSAN O'REILLY	CARLY ECKLES	DUSTIN WHYTE	
10:10 - 10:40	3	2	1	4	
10:50 - 11:20	1	Pre-School	5	2	
11:30 - 12:00	Pre-School	2	3	1	
12:10 - 12:40	2	3	4	Pre-School	
12:40 - 1:40	X	X	X	X	
1:45 - 2:15	1	4	Pre-School	3	
2:30 - 3:00	4	3	2	1	
3:30 - 4:00	2	3	X	6	
4:10 - 4:40	5	1	X	4	
4:50 - 5:20	3	2	X	1	

PLEASE NOTE:

- **ANYONE REGISTERING CHILDREN FOR SWIM CLASSES, MUST HAVE ALL FAMILY BEACH TAGS WITH THEM AT TIME OF REGISTRATION!!**
- Registration for Session 1 will take place on **Saturday, JUNE 21 at the beach.**
 - Natick Residents will register from 8:00 - 9:00 am • *First come, first serve.*
 - Non-Residents will register from 9:00 - 9:30 am • *First come, first serve.*
- Swim Lessons are held every day Monday - Friday, (weather permitting).
- Lessons begin at 10:10 am but the water is open to the public Monday - Friday • 10:30 am - 7:30 pm.
- Lessons are 30 minutes long. (Pre-School and Mommy & Me classes are only 20 minutes).
- **Session 1** • \$45 (3 weeks) • June 23 - July 11 (No class July 4)
- **Session 2** • \$45 (3 weeks) • **Session 3** • \$32 (2 weeks).
Non-Residents add \$20 per session.
- We reserve the right to switch instructors or change/cancel classes if we feel it is necessary.
- Anyone 2 years old (before July 1, 2014) and older needs to purchase Beach Tags.
- Any child under the age of 10 will not be allowed into the Beach without responsible adult supervision.
- Swim Team practices are from 3:30 - 4:00 pm for 8 & under, 4:00 - 4:45 pm for 9 & 10 yr olds and 4:45 - 5:45 pm for ages 11 and up. Register at the Natick Recreation and Parks Department Office.

AMERICAN RED CROSS: LEARN TO SWIM PROGRAM

<p>Pre-School* (with adult support as appropriate)</p> <ol style="list-style-type: none"> 1. Water adjustment 2. Water entries 3. Front kick 4. Bubble blowing 5. Prone glide 6. Underwater exploration 7. Back float 8. Back glide 9. Back position arm movement combined skills 10. Prone position arm movement combined skills 11. Beginner stroke 12. Safety Skills Rolling over PFDs Changing positions Parent safety Bobbing to safety Treading water Reaching assists Rescue breathing <p>* No testing required.</p> <p>Class Limit is 6</p>	<p>Level I: Water Exploration</p> <ol style="list-style-type: none"> 1. Submerge face - 3 seconds 2. Bounce Chest Deep - 10 times or Bob to Chin - 10 times 3. Float supported front & back 4. Bubble blowing 5. Enter & exit independently 6. Walk Chest Deep - 5 yards or Move Holding Wall - 5 yards 7. Kick supported front & back 8. Walk chest-deep demo Crawl stroke arms or Demo arms holding side 9. Following rules 10. Role of EMS personnel 11. Reaching assist without equipment 12. Release cramp 13. Life jacket deck & shallow water <p>Suggested Age 5/6 • Class Limit is 7</p>	<p>Level II: Primary Skills</p> <ol style="list-style-type: none"> 1. Submerge head - 3 seconds 2. Retrieve objects - chest deep 3. Deep water - supported 4. Prone float/glide, recover 5 seconds 5. Supine float/glide, recover 5 seconds 6. Level off from vertical 7. Bob - 10 times 8. Enter chest deep 9. Exit from pool side 10. Front & Back Flutter Kick 11. Fin on back 12. Back crawl arms 13. Combined stroke front - 5 yards 14. Combined stroke back - 5 yards 15. Turn over (back-front, front-back) 16. Life jacket, shallow water - 1 minute 17. Reaching & extension assist 18. Assist non-swimmer to feet 19. Instr. Demo Rescue Breathing <p>Suggested Age 7, 8, 9 • Class Limit is 8</p>	<p>Level III: Stroke Readiness</p> <ol style="list-style-type: none"> 1. Retrieve object eyes open - chest deep 2. Bob-chest deep - 15 times 3. Bob - to safety 4. Jump into water 5. Dive - Kneeling & Compact position 6. Prone glide - 2 body lengths 7. Supine glide - 2 body lengths 8. Front crawl - breathe to front or side - 10 yards 9. Back crawl - 10 yards 10. Elementary back kick - 10 yards with/without kickboard 11. Reverse direction on front and back 12. Safe diving rules 13. Tread water 14. Jump in deep water with life jacket 15. H.E.L.P. - 1 minute 16. Huddle - 1 minute 17. Demo open airway <p>Class Limit is 8</p>
<p>Level IV - Stroke Development</p> <ol style="list-style-type: none"> 1. Bob - deep water 2. Buoyancy & floating 3. Rotary breathing - chest deep or dry land 4. Standing front dive 5. Elementary backstroke - 10 yards 6. Scull on back - 5 yards or 15 seconds 7. Front crawl - 25 yards with rotary breathing 8. Back crawl - 25 yards 9. Breaststroke kick - 10 yards (with or without kickboard) 10. Scissors kick - 10 yards (with or without kickboard) 11. Tread water, any kick - 2 minutes 12. Perform mouth-to-mouth with out contact 13. Instructor or Video Demo CPR <p>Class Limit is 10</p>	<p>Level V: Stroke Refinement</p> <ol style="list-style-type: none"> 1. Alternate breathing 2. Stride jump 3. Standing dive from board 4. Long shallow dive 5. Breaststroke - 10 yards 6. Sidestroke - 10 yards 7. Swim underwater 3 body lengths 8. Elem. backstroke - 25 yards 9. Dolphin kick - 10 yards (kickboard) 10. Front crawl - 50 yards 11. Back crawl - 50 yards 12. Open turn - front & back 13. Rules for diving from board 14. Recognition of spinal injury 15. Hip/Shoulder Support 16. Feet First Surface Dive 17. Tread Water, 2 kicks - 2 minutes total <p>Class Limit is 10</p>	<p>Level VI: Skill Proficiency</p> <ol style="list-style-type: none"> 1. Approach & Hurdle on diving board 2. Jump tuck from board 3. Front crawl w/turn - 100 yards 4. Back crawl w/turn - 100 yards 5. Breaststroke - 25 yards 6. Sidestroke - 25 yards 7. Butterfly - 10 yards 8. Approach Stroke - 25 yards 9. Breaststroke turn 10. Sidestroke turn 11. Breaststroke speed turn & pull out 12. Front Flip Turn 13. Pike surface dive 14. Tuck surface dive 15. Tread water -3 minutes 1 minute without hands 16. Throwing rescue 17. Turn spinal victim face up <p>Class Limit is 12</p>	

* Suggested age when applicable is noted at bottom of description